



Test Your Knowledge about Men's Health

1. What is the leading cause of cancer death for men?
 - A. prostate cancer
 - B. colorectal cancer
 - C. lung cancer
 - D. skin cancer
2. Male high school students are more likely than female students to rarely or never wear seat belts. This statement is:
 - A. true
 - B. false
3. Major signs of stroke include:
 - A. sudden numbness or weakness of the face, arms, or legs
 - B. sudden confusion, trouble speaking, or trouble understanding others
 - C. sudden trouble seeing in one or both eyes
 - D. sudden trouble walking, dizziness, or loss of balance or coordination
 - E. sudden severe headache with no known cause
 - F. A, C, and D
 - G. all of the above
4. Colorectal cancer can be prevented by removing precancerous polyps or growths, which can be present in the colon for years before invasive cancer develops. Current guidelines recommend regular screening for all adults aged:
 - A. 21 years or older
 - B. 30 years or older
 - C. 40 years or older
 - D. 50 years or older
 - E. 65 years or older
5. What is the minimum amount of moderate-intensity physical activity adults should engage in 5 or more days of the week?
 - A. 20 minutes per day
 - B. 30 minutes per day
 - C. 60 minutes per day
 - D. 90 minutes per day
6. How many servings of fruits and vegetables should be eaten daily for good health?
 - A. 3-5 servings per day
 - B. 4-8 servings per day
 - C. 5-9 servings per day
 - D. 6-10 servings per day
7. In 2001, nearly two-thirds of injured or ill workers were male. This statement is:
 - A. true
 - B. false
8. When engaging in strenuous exercise in high heat, it's important to monitor yourself and others for signs of heat stroke. Which of the following is NOT a sign of heat stroke?
 - A. red, hot, and dry skin with no sweating
 - B. dizziness and confusion
 - C. heavy sweating
 - D. nausea
9. Men are more likely to attempt suicide than women. This statement is:
 - A. true
 - B. false

10. More males than females drown in the United States.

This statement is:

- A. true
- B. false

11. Females are more likely than males to sustain a traumatic brain injury. This statement is:

- A. true
- B. false

12. Adults should get vaccinations to protect against preventable diseases. This statement is:

- A. true
- B. false

13. If untreated, gonorrhea can result in what health problem(s) in men?

- A. epididymitis
- B. higher risk of getting or transmitting HIV
- C. testicular cancer
- D. both A and B
- E. all of the above

14. What are some of the symptoms of prostate cancer?

- A. blood in the urine
- B. the need to urinate frequently, especially during the night
- C. weak or interrupted urine flow
- D. pain or burning feeling while urinating
- E. the inability to urinate
- F. constant pain in the lower back, pelvis, or upper thighs
- G. all of the above

15. What is the leading cause of death for men?

- A. stroke
- B. diabetes
- C. cancer
- D. suicide
- E. heart disease

For more information about answers to these questions and men's health in general, visit:

Men's Health

www.cdc.gov/men

Questions and Answers: Test Your Knowledge about Men's Health

www2a.cdc.gov/od/menshealth/quizprint.asp



ANSWER KEY

1. C 2. A 3. G 4. D 5. B 6. C 7. A 8. C 9. B 10. A 11. B 12. A 13. D 14. G 15. E